

STAR

MILLENNIAL



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JESUS CHRIST OF LATTER-DAY SAINTS IN GREAT BRITAIN

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Your Testimony

PROBABLY the most outstanding and forceful characteristic of the Church of Jesus Christ of Latter-day Saints is the deep-rooted conviction of its members as to the divinity of this organisation. Basically the components of this conviction, or testimony as it is called, are the knowledge that God lives, that Jesus is the Christ, that Joseph Smith was the instrument in the Lord's hands to restore the Gospel to the earth in this latter-day and that today God is directing the activities of the Church through His priesthood.

In most cases it is extremely difficult to say when or just how this conviction is acquired. The circumstances by which each person obtains a testimony varies as does the interval between introduction and conviction; yet, in all cases it is a gift to the individual by the Comforter or the Holy Ghost. One fact that we are sure of is that it can be obtained by anyone if he will only comply with certain simple but necessary steps. If he will but let a desire work within him, then through study, activity and prayer he will obtain this priceless possession. The Lord, speaking through His prophets to man, has promised this and the truth of His words can be demonstrated in our own lives or they can be observed in the lives of others who have applied these teachings.

Once obtained we can begin to understand what Christ meant when He said, "Ye shall know the truth and the truth shall make you free." Through knowing what the Lord really desires of us, we can throw off any previous anxiety and concentrate our energy on living those principles which we know to be true. From this freedom of mind and conscience man can gain joy and contentment never before experienced.

If the testimony of a person who has enjoyed the knowledge of this Latter-day work ever fails, it can easily be discerned on his countenance. Not only does the light go from his eyes but he becomes unhappy and restless—oftentimes bitter. He loses that sense of freedom which he formerly had and now he is captive of his conscience. This fact likewise can be demonstrated by personal experience or by the observation of others.

Few people in the Christian world today are able to declare with truthfulness that they know that God lives. Fewer are able to say with conviction that Jesus is the Christ. Paradoxical it is that the whole objectives of scripture are to substantiate this fact and to lead men towards better living.

If a man diligently and humbly seeks for a testimony it will be given to him for this aspect of life is based upon law as much as any other. To those that are possessors of this conviction, humility and diligence will keep them and strengthen them in their testimonies.

HUGH S. WEST

The Latter-day Saints' MILLENNIAL STAR



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EDITOR - - - - Stayner Richards
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THE COVER: Pictured on the cover this month are President and Mrs. Alma Sonne of the European Mission who returned to their home last month. The background, which pictures the flags of those countries which constitute the European Mission, was drawn by the artistic hand of Leslie Cook.



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A Word at Parting

MORE than three years have passed since Sister Sonne and I came to London to preside over the European Mission. We left our home in Zion on the 16th day of October, 1946, and will sail for the United States on the 15th of February, 1950. During that time all the missions in Europe, except the South African Mission, have been visited; some of them several times. It has been a glorious opportunity for us to meet the missionaries and the Latter-day Saints in the European field. Our hearts have been filled with unspeakable joy and gratitude on many occasions during our ministry among them. We shall ever be grateful for the warm and friendly receptions accorded us in our travels through the various missions. Nothing has been omitted by those in charge to make us comfortable and happy. Genuine concern has always been manifested by the mission presidents, their wives and their office help to ensure our comfort and well-being. Time cannot erase the love we feel for all those with whom we have come in close contact during our sojourn in Europe. The love which emanates from a knowledge of Christ's Gospel and reposed in its faithful recipients has sustained us in our responsibilities. We are thankful beyond our power to express.

The Lord's work is going forward. Much progress has been made in the missions of Europe. Branches of the Church, closed during the war period, have been reopened; unselfish labour of the missionaries and the exemplary lives of members are beginning to bear fruit; the aims and purposes of the Restored Church are better understood and old barriers and prejudices are rapidly being removed. Newspapers, magazines and periodicals have manifested a friendly attitude and have devoted much space in explaining the objectives, activities and standards of the Church. Government officials have been helpful and cooperative in granting visas and permits required

By ALMA SONNE

European Mission President and
Assistant to the Council of the
Twelve

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when crossing borders and in providing information necessary when traveling in the various countries.

Our co-labourers who preside in the thirteen missions comprising the European Mission have been valiant champions of the Truth; steadfast, devoted and unswerving in their loyalty to the great cause which they represent. They have been wise and fearless in their presentation of the Restored Gospel, in meeting situations which have arisen and in directing the activities in their respective fields. Some of them have returned to their homes and others have arrived to take their places but the work goes on, and will continue to go on, unabated. The Church is organised to withstand shocks and changes. It has never suffered a setback through a change in leadership. Solid and sound in doctrine, thorough and complete in organisation, aggressive and forward looking in policy, the Church is destined to expand and flourish. Provision is made for its growth and expansion and foundations are being laid for its permanent establishment in all the lands where religious freedom is a reality.

Within the past three years a mission has been opened in Finland. Already a mission headquarters has been purchased in the city of Helsinki and a new chapel built in Larsmo. Other properties are being considered for purchase in order to further strengthen the work in that northern country. In neighbouring Sweden new chapels have been acquired in Malmo, Skelleftea, Helsingborg, Goteborg, Lulea and Jonkoping. The headquarters and chapel in Stockholm have been renovated and remodelled.



Alma Sonne

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Similar improvements and expansions have characterised the work in the British Mission. Chapels have been acquired and dedicated in Belfast, Ireland; in Denton, Dewsbury, Nottingham and Barnsley, England. A building which is located in the business section of Leicester has also been purchased and is now undergoing repairs and alterations to make it suitable and comfortable for worship. Plans are under way for modernizing and renovating the British Mission Headquarters and the London chapel.

In the Netherlands Mission chapels have been acquired, remodelled and dedicated in Leeuwarden, Zutphen, Milversum, Haarlem and The Hague, and in the East German Mission a mission headquarters has been purchased and a modern chapel which will accommodate 350 people is under construction in the city of Berlin. A building site for a chapel in Frankfurt, Germany, is in process of purchase. Investigations are being made to find suitable places in Hannover and Kiel which can be converted into

places of worship. In Copenhagen, Denmark, the mission home and the stately church building are undergoing repairs which will include a modern heating plant. The Church in Europe is moving forward and provision is being made to properly care for the members with a view of lending stability and permanency to branches and organisations.

The prospects for the future are bright and glorious. The way is opening for an extensive proclamation of the everlasting Gospel. Falsehoods and misrepresentations are powerless before the flood of truth which has gone forth. The Lord is with His people. His light will yet prevail over the darkness which is enshrouding the world. It will conquer until it has become universally triumphant. It will expose the evil motives and the dark designs of those who "know not God."

The programme of the Church is comprehensive and far-reaching. It extends into the fields of recreation and relief for its members. Its cultural aspects have been reflected in concerts sponsored and carried on by singing and musical groups from among the missionaries labouring in the several European fields and the public appearances of choirs and choruses organised by the members. No phase of human development has been omitted in the revealed plan to redeem the human family.

During the past three years shiploads of welfare supplies from stakes and missions in the United States have reached the ports of Europe and have been distributed in the war-stricken countries where the needs were most urgent. These shipments have consisted mostly of food, clothing, medical supplies and such other items as were necessary to save human life. The scope of the relief and habilitation programme of the Church has attracted widespread attention in Europe and America. Were all Christian churches organised and directed to function similarly during periods of distress and scarcity

the relief problems confronting the world would be readily solved. Much effort has been put forth by the Church through its various organisations to provide physical as well as spiritual comfort for its members.

It will be seen that the Church of Jesus Christ of Latter-day Saints is progressive. The faith of its members is constructive. Their beliefs and testimonies are well founded. They have not been deceived nor led astray by unscrupulous leaders. The Church has grown, prospered and achieved because its members, individually, have a firm, abiding testimony of its divine origin. As a parting word we admonish the Latter-day Saints in the mission of Europe to safeguard that testimony. It is precious. It is God-given through the power and demonstrations of the Holy Ghost. Sin, negligence and careless living can, and usually do, destroy it.

To our Brethren and Sisters and friends we say, "God bless you and good-bye 'till we meet again." Our peace we leave with you. Our prayers will be for your happiness and progress and for your preservation against the evils and pitfalls of modern life. We testify that God's Kingdom has been re-established upon the earth, that Joseph Smith was the Prophet through whom the last and final dispensation was ushered in, that the Gospel of Jesus Christ was restored through his instrumentality and that the way of salvation was clearly pointed out by him.

We rejoice in the manifestations of good will extended to the Church in Europe and in the record made by the missionaries since the work began to take form in 1946. A new and brighter day is dawning for the Lord's work. Perseverance, enduring devotion and righteous achievement will bring concrete and praiseworthy results.

European Mission Averages for 1947-1949 Period

MISSION	Ave. Number of Missionaries	Ave. Mission Membership	Ave. Number of New Auxiliaries Organised per year	Ave. Baptisms per year
British	198	5,761	45	287
Czechoslovakia	27	161	2	34
Danish	153*	1,667*	7*	121*
East German	52*	7,154*	11*	603*
Finland	35	171	8	55
French	109	795	10	39
Netherlands	137	3,229	0	222
Norwegian	73	1,558	3	55
Palestine-Syrian	7	70	5	2
South African	57*	1,669*	8*	34*
Swedish	112	1,575	12	125
Swiss-Austrian	53	1,649	3	15
West German	22*	6,208*	6*	688*

*Data not available for 1949; average is from 1947 and 1948 figures.

On Leaving Europe

By LEONA B. SONNE

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WITHIN a few days President Sonne and I will leave for our home in Zion. It is more than three years since we bade good-bye to our family and friends in Utah and California where most of them live. Our leave-taking then was not more difficult than it will be as we now prepare to leave Europe. Our mission has been full of adventure and rich experience. Having travelled from country to country, from city to city, from mission to mission and from district to district in the area covered by the European Mission, our contacts have been numerous and varied. We have seen the people of Europe make heroic efforts towards recovery from a devastating war. We have witnessed a revival in the spirituality and devotion of the Latter-day Saints, and a return of comforts and blessings which had vanished under the stress of war.

To the Sisters of the Relief Societies we express our love, confidence and admiration. They have measured up to the great responsibilities devolving upon them. As an auxiliary organisation in the Church, the Relief Society has been a sustaining power in the various branches. The Sisters have been loyal and faithful. They have kept alive the high standards enjoyed by the Restored Gospel and safeguarded the home from threatening dangers and unwholesome intrusions. The monthly visits of teachers, the sewing and knitting by the members, the weekly meetings and the classes of instruction have preserved the ideals of a true Latter-day Saint home

and strengthened the moral fibre of the younger generation. The work must go on. There is much to do. The scars of war are deep and are not easily healed. There are social, economic, religious, moral and domestic problems to be solved. The courses of study outlined and presented by the General Board of Relief Society provide information, material and methods for the instruction and guidance of the greatest and oldest woman's organisation in the world.

The programme offered by the Young Woman's Mutual Improvement Association and the Primary Association is calculated to inspire right living and to enlighten and encourage those who are fortunate enough to participate in it. The Church is truly a great educational institution. It abounds with opportunities for growth and development.

We shall always be mindful of the many difficulties under which the Lord's work has progressed in the missions of Europe and we express our gratitude to the faithful leaders who "stood by their guns" in times of trial and adversity. We are grateful for the many tokens of friendship and good will which have come to us, for the offerings of flowers and other gifts and for the trust and confidence manifested on so many occasions. God bless you . . . good-bye and good luck!

Let me live in a house by the side of the road
Where the race of men go by.
They are good, they are bad, they are weak, they are strong.
Wise, foolish; so am I.

Then why should I sit in the scorner's seat
Or hurl a cynic's ban?
Let me live in a house by the side of the road
And be friend to man.

—Samuel Walter Foss

What Shall They Preach?

THE question, "What shall they preach?" is a pertinent one regardless of whether it refers to our Mormon missionaries or to other Christian teachers. But it is particularly significant when applied to that small army of Latter-day Saint missionaries, for they carry a message which, despite its divine origin, is offensive to many other church leaders and members.

They complain that our missionaries are bigotted, fanatical, narrow minded, breeders of religious dissatisfaction and confusion. Why? Because they do not conform to the common practices throughout Christendom, but adhere with determination to the doctrine of universal apostacy and the restoration of God's church in the earth through modern revelation, and because they repeat as accurately as they can the very things that the Lord Himself has said are necessary for the salvation and exaltation of His children.

There could be no misunderstanding among Christ's first disciples as to what they should teach and preach. "Go ye therefore, and teach all nations, baptising them in the name of the Father, and the Son and the Holy Ghost: teaching them to observe all things whatsoever I have commanded you." "Go ye into all the world, and preach the gospel to every creature. He that believeth and is baptised shall be saved, but he that believeth not shall be damned."

Without regard for the fine feelings of the Pharisees and Saducees and others, Christ taught the unadulterated truths that brought into bold relief the fallacy of their religious conceptions. His disciples went forth and suffered persecution and death because they would not yield to the current doctrines of the day, but insisted upon delivering the message which had to be given to an unbelieving world through them. And those who were offended by their doctrine said they were bigotted, fanat-

By SCOTT TAGGART
Former President of the
Swiss - Austrian Mission

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ical, narrow minded, breeders of religious dissatisfaction and confusion.

Our missionaries have their instructions to call the world to repentance and to repeat the charge that was given through divine revelation that men shall be baptised for the remission of their sins. Theirs is the solemn obligation to testify that God lives, that He has revealed Himself in these latter days and that He still speaks through His servants, the apostles, and directs through them the destiny of His church on earth.

Is such a doctrine necessary today? Radio Minister of the Christian Reformed Church, Rev. Peter H. Eldersfeld, writes, "In the mail that comes to me are many letters from ministers, representing all kinds of churches and missions . . . The thing that troubles me is that so many of them report a great need in the church for the historic Christian Gospel. They are alarmed about conditions in their own churches, and they feel that it is past high time for a radical, spirit-filled revival, a return to the old faith."

Dr. Emerson Fosdick, surely one of the best-known religious leaders in the United States, wrote in an article entitled, "Beyond Modernism," "I am and have been a Modernist. It is but proper that I should confess that the Modernistic school, adjusting itself to a man-centred culture, has watered down the thought of God, and, may we be pardoned for this, has left souls standing, like the ancient Athenians, before an unknown God. We have been constantly adjusting, adapting, conceding, accomodating our conception to secularism. Indeed, we have gotten so low down that we talk as if the highest compliment that could be paid to God Almighty is that a few scientists still believe in Him."



Scott Taggart

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Replies to a questionnaire which was sent out to 1,500 ministers revealed that 89 per cent of those who answered no longer believed in the virgin birth of Christ, and 86 per cent of them denied the necessity for the atonement of Christ.

A prominent English churchman wrote a book. His doctrines, including his denial of the actuality of Christ's resurrection, were offensive and embarrassing to his church. But it was not thought necessary to discipline him or remove him from his pulpit.

The divine command to our missionaries is specific and their responsibility is clear cut. "Ye shall go forth in the power of my spirit, preaching my gospel, two by two, in my name,

lifting up your voices as with the sound of a trump, declaring my word like unto angels of God. And ye shall go forth baptising with water, saying: Repent ye, repent ye, for the kingdom of heaven is at hand." (D. and C. 42: 6-7)

"Again I say, hearken ye elders of my church, whom I have appointed: Ye are not sent forth to be taught, but to teach the children of men the things which I have put into your hands by the power of my spirit; and ye are to be taught from on high. Sanctify yourselves and ye shall be endowed with power, that ye may give even as I have spoken.

"Hearken ye, for behold, the great day of the Lord is nigh at hand. For the day cometh that the Lord shall utter his voice out of heaven; the heavens shall shake and the earth shall tremble, and the trump of God shall sound both long and loud, and shall say to the sleeping nations: Ye Saints arise and live; ye sinners stay and sleep until I shall call again . . . Lift up your voices and spare not. Call upon the nations to repent, both old and young, both bond and free, saying: Prepare yourselves for the great day of the Lord."

Christ's church has never been a conforming church. Truth must never conform to error. And as much as we prefer the admiration and the acceptance of the world, they are too costly for us to enjoy if their price is that we preach and teach anything less than that which the Lord has commanded.

Nor is it intended that only these first and fundamental principles be taught. "We believe all that God has revealed, all that He does now reveal, and we believe that He will yet reveal many great and important things pertaining to the Kingdom of God." These things also will we teach.

STAND with anybody that stands right.
Stand with him while he is right,
and part with him when he goes wrong.

—Lincoln



A Farewell to the Mission Authorities

PRESIDENT Alma Sonne and President Selvoy J. Boyer and their wives sailed for their homes in America on the 15th of February. Before this occurred, however, a farewell gathering was held at the South London Branch. Also on this occasion, President and Sister Richards were greeted as they assumed their responsibilities of presiding over the mission.

Over 100 people from all over the London District assembled to say goodbye to the leaving authorities and hello to President and Sister Richards. A delightful programme was presented. The hall was cleverly decorated with humorous cartoons depicting the travellers on their journey.

Highlighting the evening's festivities was the presentation of gifts to the departing mission heads and their wives on behalf of the entire British Mission. It was a great joy and privilege to witness these presentations. The only regret was that all those in each district who contributed

to the gifts could not have been present to hear the inspirational words of gratitude from these admired and loved leaders.

President Stayner Richards on behalf of the mission made the first presentation to President and Sister Sonne. A beautiful silver serving tray was given to them. They were thrilled with the gift and expressed their appreciation to the whole mission for the love and support which had been given to them during their administration.

Sister Boyer was given a beautiful brooch and earrings, the presentation being made by President William O. Chipping of the Mission Presidency. Expressing her appreciation to all throughout the mission, Sister Boyer in her lovable manner commented, "I only wish that we could take all of you with us." She went on to say that she and President Boyer had received

—continued on page 96

HAPPINESS

By GEORGE BRANTZEG

HAPPINESS is a mysterious quality that everybody is searching for but few people understand. To every person, whether he is conscious of the fact or not, it is the basic aim of life, the ultimate goal, the final end of every means. Every labour performed and every effort expended is somehow directed toward the attainment of this objective. It is a coveted prize valued above all others—the treasure of greatest worth.

But happiness is a strangely elusive quality—difficult to define, hard to recognise, harder to capture—that somehow escapes the eager grasp and becomes lost in the frantic search. Modern civilisation is presently engaged in a mad pursuit of happiness, but ironically, the world is straying farther and farther from its goal.

A tremendous misconception exists in the minds of people as a whole as to what happiness actually is and how it is attained. Some have thought that happiness is sensual pleasure, others have thought it to be financial security, and still others have thought it to be social recognition. There are those who have believed it to be found in material wealth or worldly power, only to learn, much to their dismay, that there is not enough wealth on earth to buy happiness, or not enough power in the world to command it.

The world at large has failed to find happiness because it has ignored the most important factor in happiness—the Word of God. The Almighty Being who made heaven and earth, in His infinite wisdom, has given us a plan of life through which, and only through which, true happiness may be found. It is called the Gospel of Jesus Christ. The vast majority of the people have rejected it as frustrating and vexatious—a troublesome code of rules which prevent real joy in living. Jesus told the Jews of a Father in Heaven who had a perfect love for all His children. In the most well-known phrase in the Book of Mormon, Lehi tells his sons that “man is that he might have joy.” Does it seem then that our loving Heavenly Father, who has as His greatest concern our welfare and happiness, would inflict a mass of commandments that, with the perspective of eternity, He, the only one with a perfect understanding of happiness, has chartered us an unfalling course by which we can all attain the things our hearts desire most?

Let us not be deceived by the cunning of Satan into clinging to the false standards of the world in our quest for happiness. Happiness is not to be found in the fleeting satisfaction of corrupting pleasure or in the decadent ease of luxury. Moreover, happiness is not ours to find or ours to capture. We build our own happiness every day we live—and we live forever. Happiness is dynamic and endless. It is made by living in perfect accord and harmony with the laws of heaven. This world of physical values and material objects will someday pass away, but if we focus our vision on the values of eternity and live every day by the glorious Gospel of Christ, we will receive life everlasting and happiness eternal.

The Gospel in My Life

By THOMAS ANTHONY

IT was our late President, Heber J. Grant, who once said, "That which we persist in doing becomes easier for us to do, not that the nature of the thing itself is changed, but that our power to do is increased." I would like to tell something of the manner in which this theme has influenced my life.

Looking back, prior to my association with this Church, I always had a marked weakness to dodge responsibility and I had little inclination to take part in religious activity. Frankly my early life was in opposition to the travelling elders and I would no doubt have been found ready to join in physical violence against them if the occasion arose. Like the Jews, I had eyes to see and ears to hear but for many years I remained indifferent, wrapped up in my own pet theories.

Little did I realise at the time that the more I opposed, the more interested I became; gradually the Gospel net was drawing me in. It was a slow process and for some time I remained in a state where my life had become uncertain, leaving me tossed upon the billows of doubt and indecision. I had not yet come to realisation that the leaders, as well as the people, of the Church, had the gift of the Holy Ghost. In this condition, however, it was not long before I realised that it was useless to compete against man and God. If it had been man's work, I could have held my ground, but kicking against the pricks, or the truths of God, was beginning to hurt.

What could I do to regain my peace of mind? I was at this time labouring with the Book of Mormon but its meaning and message was lost to me. Half-way through the book reason forced me to ask myself, "Is it worthwhile for me to persist in this reading?" About this time I came across a passage in Alma which made such a strong impression upon my mind that I shall never forget it. The passage reads, "But behold, if ye will awake



Thomas Anthony

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EDITOR'S NOTE: Thomas Anthony, president of the Derby Branch, has written this article especially for the readers of the *Millennial Star*. In it he shows how the Gospel has effected his life and helped him overcome many obstacles.

and arouse your faculties, even to an experiment upon my words, and exercise a particle of faith, yea, even if ye can no more than desire to believe, let this desire work in you, even until ye believe in a manner that ye can give place for a portion of my words." (Alma 32: 27) Yes, I needed to experiment. The desire was born and I was determined to ask my Heavenly Father.

From this time forward I did not fail to ask in my prayers for a knowledge as to the truthfulness of this work. The answer rewarded my persistence. I continued reading the Book of Mormon and strangely enough it had become easier to understand. Like Paul of old my past was laid before me, as an open book for inspection. The starter's pistol had been fired: I was weak but willing.

For several years I laboured, increasing in knowledge and experience—gaining a foothold on the first rungs of the ladder. For a period of six and a half years I found myself cut off from the Saints as the result of the War. The aftermath left me with the strong desire to help in my weak way to restore peace to the world by furthering the work of the Lord through taking an active part in the branch where I resided.

I, who had always looked to others to lead me, was left to ponder over many things following a visit to me some time ago by Brother Wallace R. Reid, then Liverpool District President. I shall never forget that interview. Addressing me, President Reid said, "Brother, you are called to labour as branch president." I was somewhat startled and tried to point out my weaknesses, explaining that I had always shirked responsibility and feared to take the initiative. He replied, "Do you have the desire?. If so, let it work within you and it shall become easy."

I am grateful that there was enough sense within me at that time not to resist the call to labour. In working in the Church, I have reaped the reward. Blessings to me have been abundant. Though mistakes have been made I have profited by them. I have found it is often necessary to lean heavily upon the Lord for help but it has been a comforting thought to know that He had broad shoulders. for He has said, "Come unto me all ye that labour."

Among other things the ordeal of speaking in public on the principle of the Gospel was a barrier for me to overcome. Fear was with me, yet the desire burned within me to share with others the Gospel tidings. One Sunday evening I, inexperienced as I was, stood solo on the market square and spoke. My legs were like jelly, but after the ice was broken it was made easier. With fasting, prayer and determination I was strengthened to overcome my fear. A great satisfaction is obtained through preaching the word

of the Lord to others, for as the Lord has stated, "My word shall not return unto me void but shall accomplish that whereunto I have sent it."

This is the testimony of a very ordinary man who has found that if you are doubting your ability to do certain things, you can, through practice, perseverance and the help of the Lord, accomplish what you desire if they are righteous. Without hesitation I can affirm that the word CAN'T has long since been removed from my vocabulary.

Am I still learning? Yes, indeed! I still makes mistakes but without any note of personal inflation I can say that I am continually trying to do that which is pleasing before the Lord.

The road to the Celestial Kingdom is not smooth. It has some dangerous corners, icy stretches and fog-bound patches. Sometimes it would seem easier to try a by-pass road. As learner-drivers we must know the rules if we are to get to our destination.



We are all learners on life's busy track;
Once in the traffic we cannot turn back.
When in a dangerous jam we are
caught—

We must remember the rules we've
been taught.

Someone behind may be following you,
Hoping to learn from the things that
you do.

Give the right signals and don't risk a
crash—

You'll involve others if you have a
smash.

We are all learners, that's why we are
here,

Learning to drive—drive on without
fear

Into the darkness towards the unseen.
We are all learners, our records aren't
clean,

But we can try—always doing our
best—

In the endeavour to pass at the test.



HAVE you ever had the experience of eating a huge meal, yet feeling still hungry and unsatisfied? Or perhaps you have observed individuals or families who do not possess the health of the well-nourished even though they appear well-fed. What so many do not realise is that the quality of our food is as important—if not more so—than the quantity. Feeding a family is more than just giving them something to eat.

Nutrition experts have set for us a guide which—if followed—will provide the food elements necessary for maximum health. With food shortages and rationing it is often difficult to plan our meals as we would like, yet I am sure that a few extra minutes of planning would result in better meals with less expense. Let's consider the following standards of good eating; these are the basic seven daily requirements set for us by nutrition experts.

1. Milk: 1 pint daily for adults; 1 quart for children. This can be used in cooking or for drinking. Plenty of milk is needed for good teeth and strong bones. Cheese may be substituted for milk when it is available.

2. Meat: 1 serving per day. It is recommended that meat be substituted by fish at least once per week and liver should be served once per week when possible.

3. Eggs: 4 per week. These may be used in cooking if desired.

4. Fruit: 2 servings per day. One of these should be citrus fruit (oranges, lemons, grapefruit, or tomatoes). Citrus fruit aid greatly in resisting colds.

5. Vegetables: 2 servings besides potatoes. One of these should be raw.

By LORAIN MOSS

★

There are many delicious salads which can be made from grated vegetables and which add a crispy touch to any dinner. A home-made salad dressing is given below for you to try; many prefer it to the commercial salad cream.

6. Fats: butter or fortified margarine.

7. Cereals: one serving daily. This may be obtained in whole grain bread or in cereal foods for breakfast. Enriched flour is recommended for cooking. The above may be supplemented with sweets and other foods to satisfy your wants.

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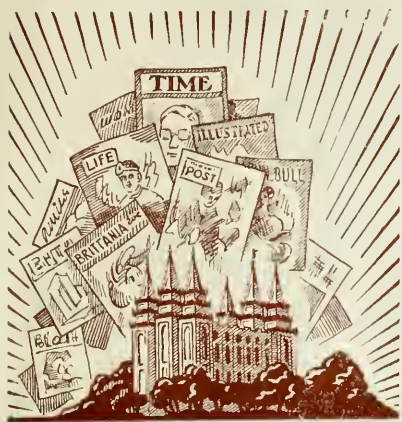
SALAD DRESSING

- 1 heaping tablespoon flour
- 1 teaspoon mustard
- $\frac{7}{8}$ cup vinegar
- $\frac{1}{2}$ cup water
- 1 egg or 1 tablespoon powdered egg
- $\frac{3}{4}$ cup sugar
- 1 cup milk
- butter or margarine size of a walnut
- salt and pepper to taste

Mix all dry ingredients together. Stir in vinegar and water and mix well. Add milk. Bring to a boil stirring constantly. After mixture has boiled, remove from heat and add butter or margarine. This mixture will be thick. When you are ready to use it, thin it with ordinary milk or evaporated milk. Evaporated milk will give you a richer dressing. This dressing is especially good for potato salad.

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The Church and the Press in Great Britain



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and Mr. Jones have done. And they are not alone, for they are but two of 5,000 young men and women who are, at this moment, following this irresistible call to missionary service all over the world.

They pay all their own expenses and they receive no wages. During their two years on missionary work they are maintained either by their own savings or by their families back home. It is a tradition among many Latter-day Saint families to send forth missionaries and their families are proud to support them during their absence from home.

FROM the local newspaper in Ilkeston comes this account of the missionary activity. The article was accompanied by a picture of each elder.

TWO YOUNG MEN WITH FAITH

IN Ilkeston Marketplace you may see, almost any day, 23-year-old Keith B. Tibbitts of Idaho, and 20-year-old Earl Jones, of Utah, standing there bare-headed, preaching to the unheeding passers-by.

You may glance at them curiously, you may catch a few words of what they say as you hurry by. Perhaps, being attracted by their American accent, you pause to listen for a moment. If you do, Mr. Tibbitts and Mr. Jones will be well satisfied. They will feel that they are getting somewhere on a mission to which they have given two years of their lives.

For Elder Keith B. Tibbitts and Elder Earl Jones, to give them their correct titles, are missionaries of the Church of Jesus Christ of Latter-day Saints, more commonly called (or miscalled, they will tell you) the Mormons.

It needs a lot of faith to leave your home, to cross a continent and then an ocean, and to stand in the marketplace of a strange land, declaring your beliefs. Yet that is what Mr. Tibbitts

Young men like Mr. Tibbitts and Mr. Jones receive no special theological training. They are laymen who come straight from their ordinary work into the mission field and who return to it afterwards.

English Grandparents.—Of English descent — Mr. Tibbitts' grandparents hailed from Kidderminster—he is the son of a United States Government produce inspector of Idaho Falls, small Idaho town of some 10,000 people. He spent two years in college, was in the United States Navy for a year, and is due to go back to college when he returns home.

Mr. Jones, whose family originally came from Blackheath, is from Ogden, Utah, a town of some 40,000 people, quite near to Salt Lake City and on the shores of the Great Salt Lake. He was a junior warehouseman until about a year ago, and his father is a building carpenter. Many of the towns and areas near their homes have been made famous through a hundred Western films and a thousand stories and novels. Over here their work is varied. They are pledged to spread the tenets of their faith by every legitimate

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The Children's Page

By IDA MOCKLI

SPRING IS HERE!

"A WAKE!" said the sunshine, "it's time to get up;
Awake, pretty daisy and sweet buttercup;
Why, you've been sleeping the whole winter long!
Hark, Hark! Don't you hear? 'Tis the bluebird's sweet song."

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THE MASTER SMILED

MANY years ago there lived in Palestine, the land of Jesus, a boy named Peter and his little sister, Mary. Peter was twelve years old, a strong, manly little fellow. But Mary was tiny for a girl of eight, and besides she was blind. Little Mary had never seen the birds, the sunshine, the flowers or her Mother.

They lived in a small house outside the walls of Jerusalem. A few years before, the father had taken a strange fever and died; he left the small house and a little plot of ground on which an orchard grew. In order to make their living, Mother took the fruit in a large basket to sell in the market place in Jerusalem. Peter helped pick the fruit each night and place it in the basket, and early each morning Mother would put the basket on her head and be off. When Peter and Mary were left alone, Peter would tidy the house, comb Mary's beautiful curls, and then they would go out into the garden. Peter kept the garden neat and free from weeds, and while he worked he would

tell Mary stories about the flowers, the people passing in the dusty road, or, best of all, he would tell her how Mother looked. While Peter talked of Mother, Mary would say, "Oh, I wish I could see her myself, Peter."

Another task Peter had was to get a jar of water each day at the public well. In the land of Palestine the wells are very few and sometimes people travelled far to get their water. One day when Peter came home from the well he told Mary of a man he had seen. This man cried out to all people: "Look at me, I was a cripple and the Master told me to arise and walk."

"And Mary," said Peter, "if He could make that man walk, He can make you see."

Another day Peter came running home without the water, crying, "I've seen Him, Mary; He was at the well teaching the people, and now I know He can make you see. Tomorrow, Mary. He is going into Jerusalem and we are going to see Him."

The next day Peter and Mary were



sitting under a tree by the side of the house when Peter saw a crowd gathering at the city gates. "Come, Mary, let's go as far as the gates and see if the Master is there." So Peter took Mary by the hand and they started out. On reaching the gates, Peter managed to wriggle in the crowd until he and Mary were at the very front. The crowd at the gates now surged forward until Peter and Mary were pushed back, and try as he might, he could not get to the front again. Was the Master going by without seeing Mary? In a desperate chance he lifted Mary to his shoulders and cried, "Master, here she is. Make little Mary see!"

The Master turned at the cry and looked into Peter's big, pleading eyes and then at Mary. Mary held out her little hands and sobbed, "Master, let me see." The Master smiled, and the

crowd surged forward. Peter and Mary were left behind.

"Peter, I see! I see you; I see the flowers and the people. Let's go thank Him." They followed, but though they tried all day they could not get close enough to thank the Master. As it began to grow dusk they turned back towards home; just outside the gates they spied Mother coming to hunt them. Mary let go of Peter's hand and ran on alone. Mother saw her and held her breath for fear Mary would stumble and fall. Why did Peter let her run alone that way?

"Mother, Mother, I see you. The Master smiled and I saw!"

Mother dropped on her knees in the dust, gathered her little girl close and looked into her big, blue eyes. Then they all knelt in the dusty road and uttered a prayer of thanks.

Missionary Secretary returns Home



Vennor J. Meacham

SAILING home this month with the returning Mission Authorities is Elder Vennor J. Meacham. For the past twenty months Elder Meacham has been labouring as Mission Secretary.

The multiplicity of assignments, the great amount of detail and the never-ending stream of callers at 149 Nightingale Lane has made Elder Meacham continually busy since he took over this responsibility in June of 1948. All of the financial matters of the Mission go through his hands and adding to this the responsibility of securing import licenses, obtaining travel tickets and receiving and sending out new missionaries, there is not much opportunity for rest

while labouring in this capacity. As a competent accountant, he has been a backbone in the financial affairs of the mission.

Time and time again, as people have passed through London and have met Elder Meacham, they have remarked on the efficient way in which the problems at hand were quickly solved. Yet during all of this hustle and bustle, Elder Meacham has kept a fine spirit about him and has been able to find time to take part in several of the many missionary endeavours.

The Mission Presidency wish to express their admiration and gratitude to Elder Meacham for his fine work.

He is being replaced by Elder Grant Bethers who hails from Heber, Utah.

Message from President Richards

TO all the fine elders and saints in the British Mission, Sister Richards and I extend cordial greetings. We would be ungrateful if we did not express our appreciation to you all for the wonderful way that we have been received since our arrival in London.

We were made most welcome by President and Sister Sonne, President and Sister Boyer, President Ballard and others who met us at the Waterloo Station. They extended a hand of fellowship that was most generous and warming to our souls. We have been made to feel right at home.

We are anxious to travel out over the mission in order that we may have the opportunity of personally greeting and becoming acquainted with all of you.

As we commence our labours in the mission, we would like you good people to know that it shall be the sole desire on the part of Sister Richards and myself to serve you under the inspiration of the Lord with all the talents that we have, to the end that the mission may continue to prosper and that your, as well as our, faith, devotion and testimonies may increase. Our predecessors have accomplished a wonderful work here, one that shall always be a great credit to them.

We would like our administration to be one of progress through love and kindness. When we left the Church Office Buildings on the occasion of being set apart, we asked President George Albert Smith if he had a message he would like to extend to the British people, and he remarked, "Tell them for me to be kind to one another." This comes from the most kindly man in the world. It can be said of him that he has never offended one of God's children. His acts of kindness are world-wide. He never loses an opportunity to render a kind service, sometimes visiting in the hospital, often calling on the bereaved and always extending a greeting and blessing to visitors and callers. No business meeting of Church affairs is so important but what he will leave to answer a call from one of his friends in distress. With such an example of kindness before us and with his admoni-



tion ringing in our ears, should we not all try to cultivate this virtue to the highest degree. As we visit among you in the different districts, we are sure that we shall observe with real interest your efforts along this line. We are sure also that we shall witness a most respectful attitude toward those that preside over us in the branches, in the districts, and in the presidency of the mission. It shall be our policy and our pleasure to do this very thing our-

selves. We shall honour all the branch presidents and district presidents and shall hope never to go over their heads in the positions that they hold, in settling any matters within their respective branches and districts. We know that they have been selected for those positions after much thought and prayerful consideration, and they are entitled to the confidence and respect of all of the rest of us.

There has been only one disturbing observation since our arrival in the mission, and that is the number of people heading toward Southampton. Naturally we would like to have these remain with us for a while longer to help build up the branches and mission here. However, if they must go, possibly they could take an excursion to the Canadian Temple to do their work and then return to us.

In closing I will say that it is a great pleasure to be back in Great Britain again where I served on a mission some forty-two years ago and to experience again those character traits of fair play, courtesy and culture found among the British people that I so much admire. That you may continue to enjoy the treasured blessings of the restored Gospel of the Lord Jesus Christ is the prayer and desire of your humble servant.—STAYNER RICHARDS

YOUR GOLD AND GREEN QUEENS

Birmingham District

WITH "Heart of Gold" as the theme, the Handsworth Chapel in Birmingham was beautifully decorated for the District Gold and Green Ball held on the 11th of February. The Queen who reigned over the Ball was attractive Winifred Lees of the Nuneaton Branch. Miss Lees is pictured below sitting on her throne with her two attendant, Lillian Wesson of the Birmingham Branch and Jean Draper of the Kidderminster Branch, and to one side is District President Ronald Salo who crowned the Queen.

Known to her friends as "Pip," Miss Lees, an active member of the Church, holds the position of Y.W.M.I.A. president of the Nuneaton Branch this year. She has been instrumental in bringing several of her friends to the M.I.A. and many of them are regular attenders.

In honour of the Queen, the branches participated in several skits with a Gold and Green Tango demonstration by several couples from each branch highlighting the entertainment. The competition was won by Mr. and Mrs. Ivor Thomas of the Birmingham Branch. A large crowd of two hundred and fifty people were present.



IT was Joan Adams who drew the daffodil which made her Queen to reign over the 1950 Gold and Green Ball of the Sheffield District. Her attendants were Fay Atkinson and Margaret Colley.

Elder Jesse N. Udall, second counsellor of the Mission Y.M.M.I.A. Board, crowned the Queen and presented her with a bouquet of daffodils and white lilac.

Miss Adams is a very active member in the Sheffield Branch and at the present time she is secretary of the Sunday School and first counsellor in the Primary. She is a fine example of the high standards of all of the members of the M.I.A. in the Sheffield District. Also competing for the Queen-ship were Beryl Hall of the Barnsley Branch and Alma Parkin from the Doncaster Branch.

Another highlight of the evening was the Gold and Green Tango contest. The honours for this event again went to the Sheffield Branch which was represented by Rita Hardy, Raymond Walker, Arvilla Smith and Arthur Shelton.

Sheffield District

Liverpool District

ST. JUDE'S Hall, Preston, was the attractive setting in which Enid Kyle was crowned Queen of the Liverpool District M.I.A. Gold and Green Ball of 1950. President Stephen B. Nebeker officiated in the crowning ceremony.

Miss Kyle is an attractive girl of eighteen. During the year and a half that she has been a member of the Church she has taken an active part in the young and growing Nelson Branch.

Although her work as a nurse requires odd hours and much of her time she does not neglect her Church duties. Before taking up nursing Miss Kyle was secretary of the Sunday School. Even now, she is an enthusiastic supporter and member of the Burnley-Nelson Chorus. By being a living example of the Latter-day Saint standards she will always be actively engaged in spreading the Gospel among her friends and associates.

Miss Kyle's attendants were Ruth Willis of Liverpool and Joy Worrall of Wigan. One hundred and fifty attended this memorable event.



London District

On February 3rd in the attractive and modern Chenill Galleries the London District held its annual Gold and Green Ball. In addition to the many dancers the district was privileged to have in attendance President Sonne of the European Mission and President Boyer of the British Mission and their wives.

Each branch of the district was well represented and each enthusiastically supported its candidate for Queen. Mrs. Nancy Mount (picture third from left) was chosen to reign over the dance. Mrs. Mount is an attractive member of the St. Albans Branch where she energetically labours in the M.I.A. She is able to carry on an active work in her branch activities while caring for a family.




In close competition during the floor show, Gladys Hammond and her partner, Peter Sherman, won the Tango competition. A floor show was conducted. John Murdock, Jean Silsbury, Florence Streeter, Pat Hickey and Barbara Wadley took part in an exhibition dance. Elder Michael Bennett conducted an M.I.A. chorus which provided musical entertainment.

The Church in Europe

By WM. FLINT DICKSON
European Mission Secretary



all points in between, both east and west, farewell messages have been received by President and Sister Sonne. The presidents of the thirteen European mission along with their families, missionaries and Latter-day Saints have expressed their great love for the Sonnes in various ways. From some it was a parting gift, from others it was a warm letter and from many more it was a prayer for a safe journey that they acknowledged the return of President and Sister Sonne to their home. They all felt as one in the realisation that they were losing a great strength and spiritual power from their fold. One brother summed up the farewells this way, "President Sonne loves us and we love him . . . he is a great man."



MISSION NAME CHANGED. — On recommendation from President Badwagan Piranian the First Presidency approved the changing of the Palestine-Syrian Mission to the name of Near East Mission. For some time the missionaries and members in the Near East have been hampered in their religious duties by the former name, which was misunderstood. President Piranian is now investigating the possibility of moving the Near East Mission Headquarters to the Isle of Cyprus. He believes it would enable the missionaries to travel easier from there to the countries of Lebanon, Syria, Palestine and Egypt inasmuch as Cyprus is regarded as friendly by all countries in that region. Such a move would facilitate and enlarge the Church's missionary endeavours in the Near East.

FAREWELLS RECEIVED FOR SONNES. — From Cape Town, South Africa, to Hammerfest, Norway, and

WELFARE RECEIVED IN EUROPE, 1949.—During the year of 1949 approximately 750 tons of welfare supplies, mostly food, arrived in Europe for distribution to the Saints in Germany. There was received and distributed 3,919 bales of whole wheat, cracked; 1,759 bales of whole wheat, ground; 15,205 cases of various fruits and vegetables; 2,000 cases of lard; 1,167 cases of sugar and 305 bales of dry beans. Also received were approximately 550 quilts. The Church members who were the recipients of welfare help are now becoming well enough off to take care of their own needs. Most of them are now operating their own welfare programmes.

RUNNING like a gulf-stream through the sea of time, comes the affirmation that God has manifested Himself to man, and the best men have affirmed it most persistently. Wherever this affirmation has made its way, the icebergs or scepticism have disappeared, the temperature of virtue has risen, and the sweet fruits of charity have ripened. If the belief be false, then a lie has blessed the world, and the soul is so organised that it reaches its highest state of development in an atmosphere of deception; for it is a fact that man is purest, and woman most virtuous where belief in God's manifestations is most intense and real.

—O. P. Gifford

BRITISH MISSION

Arrivals and Assignments

The following missionaries arrived in the British Mission:

Name	Home	Assignment (District)
January 24th.		
Elder Rulon R. Adams	Oakley, Idaho	Newcastle
Elder Danford C. Bickmore	Paradise, Utah	Birmingham
Elder Glenn A. Wardrop	Salt Lake City, Utah	Birmingham
Sister Margaret Wanda Loosle	Logan, Utah	London
January 30th		
Elder Brian George Mottishaw	Pocatello, Idaho	Manchester
Elder Richard Neil Ord	Bountiful, Utah	Norwich
Elder Boyd Lee Cullimore	Garland Utah	Bristol
Elder Claude M. Dewsnap	Oakland, California	Leeds
Elder Grover James Hawkins	Boise, Idaho	London
Elder Robert Atwood Hague	Picture Butte, Alberta, Canada	Norwich
Elder Herbert Wells Wilkinson	Salt Lake City, Utah	London
Elder DeVaughn C. Peterson	Brigham City, Utah	Manchester
February 13th		
Elder Edward Cordon Cahoon	Cardston, Alberta, Canada	Bristol
Elder Ernest Richard Hedman	San Diego, California	Hull
Elder David Sloan Smith	Raymond, Alberta, Canada	Liverpool
Elder Ivan Leroi Carbine	Las Cruces, New Mexico	Nottingham
Sister Josephine Litchfield	Raymond, Alberta, Canada	Liverpool
Elder Sem Dutson Astle	American Fork, Utah	London
Elder David Darrell Barclay	Salt Lake City, Utah	Newcastle
Elder Rex Lloyd Smith	Ogden, Utah	London
Sister Essie Wright	Raymond, Alberta, Canada	Nottingham
Transferred from the French to British Mission		

Appointments and Transfers

The following district transfers of missionaries have recently occurred:

Name	From	To	Date
Elder William Thornton	Manchester	Hull	February 11th
Elder Frederick Heywood	Manchester	Hull	February 11th
Sister Gladys Moore	Liverpool	London Office	February 6th
Sister Eva Collard	Nottingham	London Office	February 6th

Elder Valton E. Jackson was appointed president of the Norwich District on February 13th.

Elder Howard B. Leatham was appointed president of the Birmingham District on February 13th.

Elder Sidney J. Nebeker was appointed president of the Nottingham District on February 14th.

Releases

The following were released as missionaries to the British Mission:
Name Districts

February 8th

Elder Mervin R. Brown

Liverpool

February 14th

Elder George Thomas Choules

London District and London Office

Elder Vennor J. Meacham

London District and London Office

Elder Alfred R. Jackson

Bristol District

Elder Calvin G. Quinney

Manchester District

February 24th

Elder Lowell H. Frodsham

Welsh District

District Activities

BIRMINGHAM DISTRICT

Reported by Florence Blackman

On January 12th the Nuneaton M.I.A. members gave a demonstration dance at a social held in the local parish hall. Elder Hardy and his companions presented a film at the Methodist Church. Many people appeared interested and questions were asked of the elders.

A farewell party was held in honour of District President Ronald Salo on the 1st of February. Sisters Booth and Huss composed and read a poem for Elder Salo which brought a beautiful red glow to come over his face. They revived him with refreshments. We wish to take this opportunity to wish Elder Salo God-speed and to thank him for his efforts on behalf of the district.

On Sunday, February 5th, Elder Douglas Wallace was released as president of the M.I.A. and Elder Glen Wardrop was sustained in his place. Elder Wardrop also directs the activities of the Primary.

On Friday, January 20th, at the Kidderminster Branch, a party was given to celebrate the birthdays of Elders Leatham and Lloyd. A presentation was made to them, followed by a fine programme. On the next evening the branch members paid a visit to the theatre to see the Ballet Rambert. On January 29th Elder Leatham was replaced as branch president by Elder Merrill Balls. Elder Leatham has been appointed the new president of the Birmingham District.

The only news from Northampton is

of auxiliary changes. Due to the transfer of Elder Wright to Birmingham, he has been released as Sunday School superintendent and M.I.A. counsellor. The new officers are as follows: Elder Douglas Wallace, Y.M. M.I.A. president, with Elder Joseph Brooks as first counsellor. Elder Brooks is also Sunday School superintendent.

BRISTOL DISTRICT

Reported by Derwin J. Orgill

Elder Don V. Black has been sustained as branch president of the Stroud Branch with Elder Paul S. Crocket as branch clerk and Sunday School superintendent.

On January 21st, thirty-five members and friends of the Stroud Branch M.I.A. left for Oxford to see the pantomime "Mother Goose." Everyone thoroughly enjoyed the trip and programme, especially some of the members who were seeing their first pantomime.

In our reporting we must mention the district Union Meeting which was held at the Zion Road hall in Bristol on Saturday, February 11th. The meeting was under the supervision of District President Richard D. Lambert. Representatives from most of the branches were present to receive some good, sound advice pertaining to the different auxiliaries. Directly following the meeting a "Grand Concert" was presented by the Bristol M.I.A.; performers from all branches contributed to the concert. All 73 in attendance enjoyed the unique concert.

Special thanks should be extended to the Bristol Relief Society for their timely refreshments and also to Elder C. B. Sainsbury who took charge of the proceedings.

The Bournemouth Branch is growing. On Sunday, February 5th, a reorganisation of the Bournemouth Branch took place. Branch Clerk and Sunday School Superintendent Elder George L. Mitton was released with a vote of thanks. The following were sustained to the branch offices: Elder Derwin J. Orgill, as branch president; Elder Miles H. Johnson, first counsellor; William John Willoughby, second counsellor and clerk; Joseph Walton Hall, Sunday School superintendent; Vera Priscilla Kilbey, secretary; Lillian May Hutchins, Relief Society president; Beatrice May Willoughby, first counsellor; and Olive M. Hall, second counsellor and secretary.

A house party was held at the home of President and Mrs. Collins of Bristol. The purpose of the social was to raise funds for the M.I.A.

HULL DISTRICT

Reported by Betty Pashby

The Hull Branch held their Gold and Green Ball on January 31st. Sister Betty Pashby was chosen as the Queen to represent the branch at the district ball to be held in the future. Although the attendance was not large, all present thoroughly enjoyed themselves.

The members of the priesthood took over the Sunday evening meeting on February 5th. The speakers were



Bobbie Thistleton, Elder A. M. Swan and John L. Kennington. Several of the elders sang a musical number conducted by Elder R. D. Parry, which was enjoyed by everyone. There was a fine spirit present throughout the meeting and the members

and friends returned to their homes happy that they had been able to be present.

On the 30th of December the annual Grimsby Christmas Party was held. An excellent tea was prepared for the forty children who attended. After the refreshments games were played

and prizes presented to the winners. The big surprise of the evening was the arrival of Santa Claus who presented each child with a gift. Also on their way home, each child received fruit, biscuits and a balloon. Although very tired, all went home happy.

The M.I.A. in Grimsby presented their Gold and Green Ball on February 1st in the Grimsby Branch. The chosen Queen, Edna Quickfall, was crowned by the branch president, Elder D. Hipwell. Dancing, games, spot prizes and other features provided a wonderful time for all.

IRISH DISTRICT

Reported by John L. Crockett

On Sunday, January 29th, the Belfast Branch held their branch conference with District President Melvin M. Fillerup presiding and conducting. The branch presidency was reorganised. President Frank Dunn was released with a hearty vote of thanks for the work he has accomplished and Elder James A. Maxwell was sustained as the new branch president along with Mr. Jack Ditty as first counsellor and Mr. William B. Stewart as branch clerk. Another counsellor is yet to be chosen. Along with the reorganisation of the branch Ethel Ditty was released as Primary Mother with a hearty vote of thanks and appreciation for her work with the youngsters. Elsie Stewart was sustained as the new Primary Mother.

The Belfast Sunday School has had a very busy month. They have sponsored two very outstanding socials. On January 27th they held a sale of work at which the people were able to buy almost everything imaginable and they had a few carnival attractions which netted money enough for many more socials to come. Also on Valentine's day they sponsored a concert which was enjoyed by everyone who attended. The proceeds went into the fund for the baptismal font which is to be installed soon.

The Dublin Branch M.I.A. has something to be proud of in the form of a new electric record player. The M-Men and Gleaners have been holding dances every Saturday night for the past few months. Everyone who comes pays 6d. into a fund to purchase a lovely record player, wholesale. The new machine got a good work-out on the 15th of February. The M.I.A. held their

Sweetheart Ball on this night and danced to the strains of all their favourite orchestras. The hall was decorated the night before with Valentines and streamers by the M-Men and Gleaner presidents, John Mogerley and Florrie Roberts. There was plenty of refreshments and special dances. John Dobson and Isobel Turner put on an exhibition tango which delighted everyone. Needless to say the evening was a tremendous success.

On the 17th and 18th of February the elders of the Irish District played three exhibition basketball games in Dublin. They won two and lost one. Their opponents were the Irish Army men from the Baldonnal Air Field just outside of Dublin and the School of Music from Portobello Barracks in Dublin. There was a large attendance at all games. A portion of all of the games was broadcasted from the local radio station. It was good publicity for the Church and everyone commented on the good sportsmanship present. The game is becoming very popular in Ireland and the elders are taking an active part in teaching the people the game.

The Dublin M.I.A. has secured a volley ball from the American Legation and it shouldn't be too long until that game too will be played by the M-Men and Gleaners. You just can't hold down a good M.I.A.

LEEDS DISTRICT

Reported by Norah Stephenson

On Saturday, January 21st, the M.I.A. of the Bradford Branch presented their annual Gold and Green Ball under the branch budget system. To ensure the success of the event, the officers had met several times before to discuss and arrange the details of the programme. Most important of these was the choosing and crowning of the Bradford Branch Queen for 1950. As is the practice in our M.I.A., this was done by chance and not by popular vote. Y.M.M.I.A. president, Newsome Kirk, called for the eligible young ladies who drew ribbons provided by the district supervisor of the Y.W. M.I.A., Miss Joan Emmins. The one drawing the longest ribbon was to be crowned Queen.

In this manner Miss Irene Firth was chosen to take over from the retiring Queen, Miss Gladys Goldthorpe. An

element of surprise was provided for the branch president, Mr. Stanley Robertshaw, when he was called upon to crown the Queen. This he did whilst making the observation that it might not be a bad idea to select a king. Ice cream and soft drinks were served for refreshments. The ball was attended by a large and appreciative audience of members and non-members alike.

On Sunday, January 29th, the Dewsbury Relief Society arranged the programme for the evening meeting. There were three speakers, Miss Joan Day, Miss Norah Stephenson and Miss Lucy Ripley. Their topic was "Joy and Happiness." The "Singing Mothers and Daughters" rendered the song "Walk in the Light."

The following have been sustained into offices in the Dewsbury Branch: Mr. Fred Wormersley, Sunday School superintendent, with Mr. Jeffrey Day as his first counsellor and Mr. John Henry Moore as his second counsellor; Mrs. Norah Moss as class leader of the special interest group and of the M.I.A.; Elder Frank Jacobson as speech director of the M.I.A.; Elder David Simister as first counsellor of the Y.M.M.I.A.

The Gold and Green Ball of Dewsbury Branch was held on Wednesday, January 25th at 10 Oxford Road, Dewsbury. It was sponsored by the M.I.A. presidency, Mr. Fred Laycock, Miss Lucy Ripley, Miss Beatrice Marsden and Miss Norah Stephenson. They were assisted by Miss Joan Emmins, the Gleaner leader and supervisor. Miss Joan Day was selected as the M.I.A. Queen for the year 1950. She was crowned by the branch president, James R. Cunningham. The M.C. was Caroline Garner, the dancing director, assisted by Mr. Teddy Atkinson.

Mr. Eric Watson gave a film show during the M.I.A. in the Dewsbury Branch on February 8th. The programme included a silent comedy, "Take the Air."

The Leeds Branch held their Gold and Green Ball on January 26th. Miss Edna Flynn was elected Queen.

The Leeds International Basketball Tournament finals were played on February 4th. The Leeds University presented the National Challenge Cup to the Latter-day Saint team from London. The cup was presented by

Mr. C. E. Morris, Vice Chancellor of the Leeds University.

On January 14th President and Sister Boyer visited the Leeds Branch. Members and friends from all the branches went to bid the departing mission leaders farewell.

The Leeds Branch has been re-organised. Elder Burton E. Tew was released as branch president and Elder Glen M. Seely was sustained into this office with Harold Flynn as his first counsellor and Samuel Mitchell as his second counsellor.

LIVERPOOL DISTRICT

Reported by Ruth Peel

Presidents Sonne and Boyer and their wives and President Ballard and Elder Dickson attracted ninety people to a public meeting conducted in the Liverpool Chapel on January 22nd. The powerful speakers told of their missionary experiences in Europe and left impressive testimonies of the restoration of the principles of Christ.

St. Jude's Hall, Preston, was the scene of the Liverpool District Gold and Green Ball held on February 4th. Approximately 150 people attended which helped to make it a memorable occasion for all. Enid Kyle of Nelson was chosen Queen with Ruth Willis of Liverpool and Joy Worrall of Wigan as attendants. W. Wallace was master of ceremonies.



The Liverpool Branch Sunday School social was held on January 26th. The elders showed great originality in putting on a sketch in a nautical vein, which had the audience convulsed, so say the elders.

The highlight of the month of January in the Nelson Branch was a tea, social and dance, sponsored by the Sunday School. The Relief Society sisters assisted with the tea. Elder Mervin R. Brown, who is now on his way home, was guest of honour.

Upholding the reputation of the Relief Society of the Liverpool District, the Accrington Branch organised a bazaar on January 21st. It was a great success with £14 being added to

their funds. Accrington M.I.A. gave a "Farewell Social" for Elder Myron Sessions who leaves soon for his home.

Preston Branch held their Gold and Green Ball on January 21st. Freda Smith was crowned Queen by Sister Ruth Peel. On February 4th, Lawrence Scott was ordained a teacher and John Curven was ordained a deacon. Thomas C. Wright was ordained a priest on February 5th.

Alexander McLauchlan has been appointed president of the Blackburn Y.M.M.I.A.; Dorothy L. Shorrocks has been chosen as Y.W.M.I.A. president and Frederick Hutchinson has been appointed joint counsellor with Ronald Smith as secretary; Ronald Smith is Sunday School superintendent with John Green as his first counsellor and Frederick Hutchinson as his second counsellor.

During the week of January 1st the Wigan Branch hall was redecorated. To complete the job the members of the priesthood, Relief Society, and many friends spent a few evenings in repairing the seats of the hall and generally making the room a better place to hold meetings.

LONDON DISTRICT

Reported by Jean Silsbury

There was great excitement all over the district on Friday, February 3rd. It was the day of the annual London Gold and Green Ball. The branches all met at the Chenill Galleries in Chelsea at 7.30 that evening. After the crowning of the Queen, Mrs. Nancy Mount, by President Selvoy J. Boyer, a floor-show was presented by the South London Branch under the direction of Elder M. Bennett and John Murdock. During the evening the tango competition was won by Gladys Hammond and Peter Sherman of South London.

Another district gathering, with a slightly sadder note, was held on February 10th at South London. An open evening was held to bid farewell to President and Sister Boyer and President and Sister Sonne. After a short variety programme, presentations were made to the departing mission authorities on behalf of the whole mission.

On Sunday, February 12th, North London, Catford and South London gathered in a special farewell service



the Saints to always remain true to the knowledge which they possess.

President Stayner Richards and his wife were warmly welcomed on Sunday, February 5th, in the South London chapel.

St. Albans Branch held a farewell party for President and Sister Boyer on the 26th of January. Under the direction of Frank Chipping the branch M.I.A. presented a programme in honour of the guests and Delia Chipping presented a large bouquet of flowers to Sister Boyer.

Another farewell party was held at South London on Tuesday, February 7th, in honour of the six missionaries leaving the mission who have laboured in South London. During the evening the six "victims" had to sing a song composed for each by Branch President Martin C. Nalder, to the tune, "Oh Dear, What Can The Matter Be?"

The Luton Branch children's party was held on February 4th. The forty children were entertained by Branch President Allen E. Osborn, who turned into a wizard. After games and community singing each child received a gift to take home. The Sunday School prize giving was held on January 29th and the certificates and books were presented by President William O. Chipping.

MANCHESTER DISTRICT

Reported by George A. Taylor

At an inspiring service on December 18th, the Gleaner Girls of the Rochdale Branch received their Gleaner Pins. Those receiving the awards were Dorothy Hoyle, Margaret Marriott, Dorothy Graysham, Amy Horrocks, Joan Waddington, Audrey Clegg and Eunice Joyce. Each gave a short talk on a part of the Gleaner Sheaf.

The Rochdale Greys played their first basketball game on January 20th, winning it in fine style by a score of 28 to 24.

The Rochdale Branch conference was held on January 22nd. President Dale, Elders Beck and Grow and District President Brigham Gardner spoke at the very inspiring service.

The Primary activities in Rochdale this month have included many items, the most interesting of which was a hiking trip on the 24th of January. It was an educational as well as joyful excursion.

From the Bury Branch comes the news of a variety show, produced by Mr. Tom Whitfield. One hundred and thirty people attended this successful production on the 14th of January.

On the 27th of January the Bury Gold and Green Ball was held. Joyce Heywood was crowned by Elder Stewart, as a climax to the very successful ball.

At Denton Branch an M.I.A. social was given to Elder Green who was transferred from the district recently. Games, songs, piano solos and recitations were presented and refreshments served to round out a very delightful evening.

Stockport Branch is steadily gaining in membership in their M.I.A. organisation as well as in the Sunday School. Over thirty are now attending the Sunday evening services. Much of the credit is due to the energy and industry of the officers as well as the members of the branch.

NEWCASTLE DISTRICT

Reported by Evelyn Young

"Tis sweet to know there is an eye will mark our coming, and look brighter when we come."

On Tuesday, January 3rd, 150 guests of the Middlesbrough Branch were entertained to a grand social. Members of the Relief Society prepared refreshments. Mr. T. Weatherhead proved a capable M.C. Several spot prizes were presented throughout the evening. The Bee-hive group was well represented and appeared in very delightful gowns.



The Relief Society members of this same branch recently held a sale of work. A good assortment of articles was on show. The amount raised was in excess of expectation.

The only other news for the month that we have comes from the Newcastle City Branch, the highlight being the 21st birthday party of Miss Audrey Mealy on Saturday, January 14th. Nearly 30 people, including missionaries and members of the district, sat down to a wonderful spread of home-made foods. A former employer of Miss Mealy's presented her with a large silver key and everyone present had the opportunity of autographing it. After tea all joined in an evening of games. With a few faces smudged with flour from some of the activities, everyone joined in to sing to Miss Mealy, "She's got the key of the door, never been 21 before."

Members of the Newcastle City Branch also held a pie and pea supper on Wednesday, February 15th, at the home of their branch president.

NORWICH DISTRICT

Reported by Brenda Billings

On February 3rd the Gold and Green Ball was held for the Norwich Branch. A hall was hired and a 4-piece band was engaged. Many friends and investigators attended. The dancing was thoroughly enjoyed and refreshments and refreshments were provided for everyone. During the evening Miss Betsy Ford was chosen Queen with Miss Olga Chapman and Miss Myra Wicks as her attendants. President Noble V. King crowned the Queen.

Elders Kirkham, Thornock, Anderson, Bennett, Palfreyman, Mann and Jackson played the Colchester Garrison Basketball team and beat them by a 50 to 27 score. The elders showed much improvement over their first game.

NOTTINGHAM DISTRICT

Reported by Warren Astin

Members and friends of the Nottingham District gathered together on the

21st of January at the Ilkeston Branch for its first social since the organisation of this branch. A total of eighty people were in attendance and all enjoyed a well-planned programme of music, humour and games with members and missionaries participating. Branch President Elder Keith E. Tibbitts acted as master of ceremonies.

On the 12th of February, Arthur Buckberry was set apart as Sunday School superintendent by Elder Keith E. Tibbitts.

Turning now to the Leicester Branch, an outstanding evening service was held on January 29th. Ninety members, friends and investigators heard the stirring testimonies of President and Sister Boyer and President M. Russ Ballard. It was on the occasion of a farewell visit of President and Sister Boyer to the Leicester Branch prior to their return to Utah. They left Leicester with best wishes from all for their welfare and happiness.

On the 3rd of February the Leicester Branch Relief Society, under the direction of Mrs. Elizabeth L. Vice, held a jumble sale. As a result of their efforts they realised a sum of seven pounds. Cheerful news from America came in the form of seventy-two dollars contributed by former members and friends of the Leicester Branch towards the branch reconstruction fund. This money was collected and forwarded by a former president of the branch, George E. Gent.

In Mansfield, President Ernest Sipson was honourably released as president of the branch on February 5th. Elder Howard Hollingworth was sustained as the new branch president.

The Nottingham Branch Sunday School sponsored a carnival and bazaar on Saturday, February 11th, in the branch hall. Featured during the evening were the famous artistes, Seastrandovitch and Cookowiski, renowned organ duo, who rendered two beautiful selections, "Chopsticks" and "Stick Chops." They were especially arranged for the organ. The two artistes bore a remarkable resemblance to Elder James K. Seastrand and Sister Louise Cook. A fish pond, darts, a sale of home-made sweets and embroidered goods, and some lively games rounded out the evening's programme.



SCOTTISH DISTRICT

Reported by Margaret Yardley

The Edinburgh Branch visited Bathgate to witness the baptism of Lorna Nelson. A quartette number was presented by the M.I.A. and elders. Also fine talks were given by Sister Hamilton, who spoke on baptism, and Elder Bean, who talked on the Holy Ghost.

The Glasgow M.I.A. are coming into full swing. The activity period includes table tennis, darts, dominoes and chess. Each member is working hard to master the art of playing these games in order to give the Airdrie Branch some real competition when they meet in a forthcoming tournament. The M.I.A. got together on a Friday evening and attended a pantomime.

Mr. and Mrs. William Robertson left Glasgow recently to make their home in one of the stakes of Zion.

A small leather-work class has started in the Airdrie Branch. Many are interested in this work and it should prove to be a successful activity.

SHEFFIELD DISTRICT

Reported by Arvilla Smith

On January 8th, Elder Jesse N. Udall was released as president of the Rotherham Branch and Elder Charles Theo Bradbury was sustained in his stead.

The annual district M.I.A. Gold and Green Ball was held in the Sheffield Latter-day Saint hall on January 18th. One hundred and twenty-five guests enjoyed a wonderful evening. Joan

Adams of the Sheffield Branch was chosen Queen of the Ball; presented in her honour was a floor show. Barnsley, Doncaster and Sheffield were represented in the Gold and Green Tango Competition.

An M.I.A. open night, consisting of social items and refreshments, was held in the Sheffield Branch on January 31st. Kenneth Bailey and Arvilla Smith were in charge of the affair and were assisted by M.I.A. officers.

On February 5th in Sheffield the evening service was conducted by the priesthood. Branch President George W. Laycock arranged and conducted the programme. Speakers included Philip Mann, George Laycock and President David E. Gledhill.

A Genealogical conference for the Leeds, Hull and Sheffield Districts was held in Sheffield on February 12th. In attendance were President James R. Cunningham and Frank Smith of the Mission Board. Each speaker endeavoured to give further understanding of the geneological work and to stress the importance of it to the Church members. Sister Molly Smith rendered a vocal solo, "There Is No Death."

A Relief Society and Priesthood dinner was served to 70 guests at the Barnsley chapel on January 12th in honour of President and Mrs. Boyer. A farewell presentation from the branch was given to them by Richard Birkhead, followed by a programme which included a number of items from both members and friends. President and Sister Boyer gave a short farewell speech and expressed their appreciation to the branch. We all love them and are sorry to see them go.

A Sunday School social in aid of funds was held in the Sheffield hall on February 11th. Superintendent John Beattie arranged an enjoyable evening of games and musical items.

The Barnsley Branch M.I.A. held a social on the 11th of February. Games, community singing, and a short skit by the Barnsley elders were features of the evening's entertainment. Refreshments were provided by the Relief Society sisters.

A fireside chat was held at the home of Frank Smith on January 22nd under the direction of the Barnsley M.I.A. A very interesting demonstration and lecture was presented by Alfred Leaberry concerning the manufacturing of small, medical purpose, electric lights and fixtures. Mr. Leaberry is a partner in a firm which manufactures these items.

WELSH DISTRICT

The Welsh District basketball team consisting of Elders Don Reimann, Tom Duffin, Paul Hancock, Don Carter and Desmond Thoyle, after a very



interesting evening of spills and thrills, captured for themselves the title of Welsh basketball champions. They are looking forward to playing for the national championship in the near future.

Under the direction of Elder Duffin, with the assistance of Miss Muriel Miller, a very successful Primary and M.I.A. have been started in the Cardiff

Branch and we all hope for the continued success of these fine auxiliaries.

We are very sorry to report that we are losing some of our very fine members as the way has been opened for them to emigrate to the States and it has been their decision to take advantage of this opportunity. We wish them the best of luck in their future endeavours.

ARTISTS ALL

Once more we face the new-born year,
With canvas gleaming white;
'Tis ours to paint or just to smear,
With colours dull or bright.

The brush within our hand is set,
'Tis made of thoughts and deeds;
But colours are not given yet,
They'll come as time proceeds.

Each day will furnish pigment rare,
But we must do the blending;
And if we choose with thoughtful care,
The scene will be transcending.

Whate'er of heartache, grief or pain,
The future holds in store,
Its greyness need not long remain
With gladness covered o'er.

Nor must we use all colours bright,
Gay reds and brilliant yellow;
A touch of brown or silvered white,
Will make it sweet and mellow;

Beside our scenes of other years,
This new one soon is raised;
And all are judged when this appears,
By it condemned or praised.

For when the year is past and spent,
Our picture finished quite;
Unto the Hall of Time 'tis sent,
To hang in Mem'ry's light.

—I. L. Warnock

Personals

BAPTISMS

Name	Baptised by	Confirmed by
BIRMINGHAM DISTRICT		
January 28th		
Robert Mills of Kidderminster	Elder H. B. Leatham	Elder J. Brooks
Terence Mills of Kidderminster	Elder R. E. Lloyd	Elder H. B. Leatham
HULL DISTRICT		
January 22nd		
Edna M. Tilson of Hull	Elder A. M. Swan	Elder R. D. Parry
LEEDS DISTRICT		
January 28th		
Elizabeth Buckley of Huddersfield	Elder J. Sutcliffe	Elder F. Jacobson
Irene Nutter of Halifax	Elder M. E. Preston	Elder G. Smith
LIVERPOOL DISTRICT		
January 15th		
Alexander McLaughlin of B'burn	Elder S. B. Nebeker	H. Shorrock
Frederick Hutcheson of B'burn	Elder H. E. Coltrin	Elder E. R. Griffin
Joan Hutcheson of Blackburn	Elder H. E. Coltrin	Elder C. Pearson
Ellen M. C. Kyle of Nelson	Elder S. B. Nebeker	Elder H. Hammond
LONDON DISTRICT		
February 11th		
John Murdoch of London	Elder G. T. Choules	Elder H. S. West
February 18th		
Alfred A. Rogers, Jr., of Oxford	Elder D. M. Wheeler	Elder Q. G. McKay
Ann L. Shears of Gravesend	Elder D. M. Ashton	Elder J. E. Ashton
Jeanne M. Patterson of N. London	Elder S. B. Sheffield	Elder Q. G. McKay
Michael J. Gillings of St. Albans	John R. Gillings	Elder J. S. Cornwall
NEWCASTLE DISTRICT		
December 21st		
David Thompson of Sunderland	President S. J. Boyer	Elder H. M. Dougal
NORWICH DISTRICT		
January 29th		
Horatio J. Rix	Elder B. D. Harris	Elder V. E. Jackson
Evelyn May Rix	Elder V. E. Jackson	Elder B. D. Harris
February 4th		
Maisie E. Jones	Elder N. V. King	Elder S. Mann
February 9th		
Edith M. Chapman	Elder N. V. King	Elder N. V. King
Charlotte K. Young	Elder N. V. King	Tom Watts
Robert D. Young	Elder N. V. King	Tom Watts
Joan K. Shrieve	Elder N. V. King	Elder V. E. Jackson
Dorothy M. Cooper	Elder N. V. King	Elder V. E. Jackson
Ronald J. Cooper	Elder V. E. Jackson	Elder S. Mann
NOTTINGHAM DISTRICT		
February 11th		
John G. Whitworth of Ilkeston	Elder K. E. Tibbitts	Elder D. R. Stephens
Olive R. B. Whitworth of Ilkeston	Elder K. E. Tibbitts	Elder E. S. Jones
SCOTTISH DISTRICT		
February 5th		
Lorna Nelson of Edinburgh	Elder D. Campbell	Elder M. Tingey

BIRTHS

EDWARDS. — Philip John, son of Mr. and Mrs. Lionel Edwards of Barnsley, was born on January 10th.

WALKER. — Roger Dee Clark, son of Mr. and Mrs. Robert J. Walker of the Sheffield District, was blessed on February 5th by Elder R. V. Thurston.

BLAGROVE. — Margaret Blagrove, daughter of Mr. and Mrs. Blagrove of the Oxford Branch was blessed by Elder Wheeler on February 5th.

JORDAN. — Diana May Jordon, daughter of Mr. and Mrs. A. A. Jordon, was blessed by her father at the Oxford Branch on February 5th.

WOODHEAD. — Peter Woodhead, baby son of Mr. and Mrs. N. T. Woodhead, was blessed by Elder Herbert Woodhead on January 1st.

DEATHS

GLASSEY.—The death of Mrs. Sarah Glassey occurred on the 24th of January. She was 88 years old. The funeral was held at the St. George's Church in Hyde on the 27th of January following a service in the home. The service was conducted by President B. D. Gardner. Tributes were paid to this fine lady by Elder Beck and Elder Brantzeg.

STONE. — Death occurred to Mrs. Stone of Derby on the 28th of January after a prolonged illness. Mrs. Stone was 75 last March.

MARRIAGES

HARTLEY-MIDDLETON. — Maurine Hartley of the Sheffield Branch was married to Roy Middleton on January 14th. The reception was held at the bride's home.

FOCUSING ENERGY

IN one of the laboratories in Washington there is a great sun glass that measures three feet across. It is like the "burning glasses" we used to treasure when we were boys, only much larger.

This great glass gathers the rays of the sun that strike its flat surface and focuses them on a single point in space a few feet below. That single spot is hotter than a blowtorch. It will melt through a steel plate as easily as a red-hot needle burns through paper.

This terrific heat—it cannot be measured for it melts all instruments—is just three feet of ordinary sunshine concentrated on a single point. Scattered, these rays are hardly felt, perhaps just pleasantly warm—concentrated, they melt adamant.

The same principle applies to human endeavour. Scattered, a man's energies do not amount to much. Once they are all focused on the task at hand seemingly tremendous difficulties melt like snow on a hot stone.

Get the habit of concentrating when you start to do a thing; throw on all the steam you have and focus every energy on the task in hand. Remember that three feet of sunshine concentrated will burn through anything.

—Roger W. Babson.

A FAREWELL TO THE MISSION AUTHORITIES

—continued from page 72

great joy in their labours during the past four years and that their hearts would always remain with the fine people with whom they have met and associated in this land.

Last item on the programme was the presentation of a beautiful gold Omega watch to President Boyer. In his presentation remarks, Elder M. Russ Ballard of the Mission Presidency said that with this token of affection goes the love and kindest regards of all of the good Saints in Great Britain. President Boyer, in his familiar way,

commenced his remarks by saying that he was never known to put anybody to sleep by talking yet and it was not his intention to begin doing it on this occasion. Said President Boyer, "I want you people here this evening, as well as those throughout the mission, to know that I truly appreciate this wonderful gift, but more than this I appreciate my friendship with you. There will not be a day of my life that goes by that I won't think of the experiences that Sister Boyer and I have had with you. I hope that some day I will be able to return to this beautiful land and once again bear witness to the divinity of the Gospel of Jesus Christ."

A HOUSE?—OR A HOME?

—continued from page 76

If you're looking for a good breakfast or luncheon dish, or if you are looking for a way to stretch your egg ration, try the following recipe:

★ ★ ★

CREAMED EGGS

2 cups milk
4 tablespoons flour
 $\frac{1}{2}$ teaspoon salt (or to taste)
3 tablespoons fat
2 hard-cooked eggs

While milk is heating, mix flour with enough water to make a paste. Stir into milk and continue stirring until mixture boils. Add fat and salt. Peel hard-cooked eggs and dice into milk mixture. Serve over toast. This may be varied by adding a little left-over bacon with the eggs. Or try leaving out the eggs and adding $\frac{1}{2}$ cup grated cheese. Serves 4.

NOTE: Eggs will peel easily after they are hard cooked if you will take them out of the hot water and crack them. Then let them cool in cold water.

THE CHURCH AND THE PRESS IN GREAT BRITAIN

—continued from page 77

means, but, as they will be the first to admit, it is not easy work.

Of their work here, they say that people listen with interest to their beliefs. They find Ilkestone people hospitable and kindly—a Salvation Army lassie visiting the town not so long

ago, called us "warmhearted, but godless!"

Whatever one's personal belief, one must have respect for a burning faith which compels men to sacrifice so much in order to preach it in the wintry spaces of Ilkeston Market-place.

So when you see them there, or when they call at your home, you will now know just who they are.

TRY IT AGAIN

Should the changes in life, like this tide's ebb and flow,
Be ceaseless and varied in form,
And the frail bark of life in a moment forego,
Its reck'ning amidst the dark storm,
Stand firm to the helm, close furl each sail,
While the tempest sweeps over the main;
There is hope in the wind, tho' destructive the gale.
'Twill calm and we'll try it again, again!
'Twill calm and we'll try it again!

There ne'er was a valley but hill tops appear,
Nor a storm but was spent to a calm;
Nor a pain without pleasure, a hope without fear,
Nor a wound but had always a balm!
When the clouds of adversity gather around,
And our friends turn their backs in disdain,
Though the world should conspire all our hopes to confound,
Let us up and go try it again, again!
Let us up and go try it again!

The fears of sad parting, the pangs of regret,
The sighs of fond hope or dull care;
Are feelings implanted to make us respect,
The death-sting of hopeless despair!
Yes, the tear-drop of sorrow may darken the eye,
Like the sunbeams obscured by the rain,
But, the clouds will disperse o'er hope's gloomy sky,
To brighten our hearts up again, again!
To enliven our hearts up again!

Then why should we shrink, though the chances of fate,
Are mingled in life's bitter cup!
'Tis a mixture designed by kind heaven to elate,
And strengthen us ne'er to give up.
Then come weal or come woe, let whatever betide,
Let us run, for the prize we'll obtain:
Though the race may be lost by the swiftest who ride,
Let us up and go try it again, again!
Let us up and go try it again!

This poem was printed 100 years ago in the *Millennial Star*.

THE FOOTPATH TO PEACE

TO be glad of life, because it gives you the chance to love and to work and to play and look up at the stars; to be satisfied with your possession, but not contented with yourself until you have made the best of them; to despise nothing in the world except falsehood and meanness, and to fear nothing except cowardice; to be governed by your admirations rather than by your disgusts; to covet nothing that is your neighbour's except his kindness of heart and gentleness of manners; to think seldom of your enemies, often of your friends and every day of Christ; and to spend as much time as you can with body and with spirit, in God's out-of-doors—these are little guide-posts on the footpath of peace.

—Henry Van Dyke.